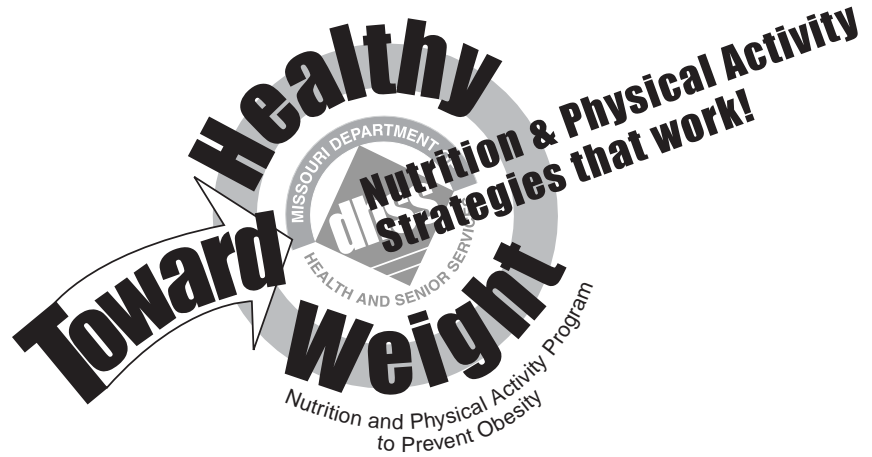


**Strategy for Reducing  
Obesity and Other  
Chronic Diseases:**



# What the Evidence Says About Nutrition Interventions to Prevent or Reduce Obesity

## 1. Controlling Food or Caloric Intake

### **Evidence Exists:**

- Increase Breastfeeding<sup>1</sup>
  - Breastfeeding Promotion Programs<sup>1</sup>
    - ♦ Breastfeeding education for health care professionals<sup>1</sup>
    - ♦ Peer support<sup>1</sup>
  - Work place promotion (breastfeeding information and services, breastfeeding mothers room in the workplace)<sup>1</sup>
  - Social marketing and media campaigns<sup>1</sup>
- Decrease Fat Intake Without Increasing Other Types of Food Intake<sup>1,3</sup>
  - 1% or Less Campaign<sup>2</sup>
  - Provide cooking demonstrations on how to prepare foods with less fat
  - Encourage restaurants to label heart-healthy menu items
- Increase Fiber Intake<sup>1</sup>
  - 5 A Day for Better Health<sup>4</sup>
- Increase Intake of Low Energy Dense Foods<sup>1</sup>
  - 5 A Day for Better Health
  - Foods with higher water content
- Consume Fewer Meals Away From Home<sup>1</sup>
  - Provide cooking demonstrations on how to prepare meals at home
  - Provide education on healthy snacks
- Appropriate Family/Parental Involvement<sup>1</sup>
- Increase Intake of Calcium and Dairy Products<sup>1</sup>

### **Insufficient Evidence:\***

- Smaller portion sizes<sup>1</sup>
- Decrease in soda/sweetened beverage intake<sup>1</sup>

*(Continued, next page)*

## 2. Change “Western” Type Diet <sup>1</sup>

### **Evidence is Mixed:**

- Reduce intake of red meat, high-fat dairy and refined grains
- Increase intake of fruits, vegetables, and whole grains

## 3. Modifying Behaviors

### **Evidence Exists:**

- Interventions based upon theory <sup>1</sup>
- Interventions must be multi-faceted <sup>1</sup>
- Behavior Therapy <sup>3</sup>

### **Insufficient Evidence:\***

- Goal setting and small groups <sup>1</sup>

## 4. Modifying Environments

### **Evidence Exists:**

- Coordinated Approach to School Health (CATCH) <sup>2</sup>

### **Insufficient Evidence:\***

- Changing the Scene: Improving the School Nutrition Environment <sup>2</sup>
- Eat Well and Keep Moving <sup>5</sup>
- Planet Health <sup>6</sup>

**\*Note:** *Insufficient evidence means that the interventions may be effective, but there was not enough evidence to conclude their effectiveness or ineffectiveness.*

## **References:**

<sup>1</sup>Resource Guide for Nutrition and Physical Activity Interventions to Prevent Obesity and Other Chronic Diseases.

[http://www.cdc.gov/nccdphp/dnpa/pdf/guidance\\_document\\_32003.pdf](http://www.cdc.gov/nccdphp/dnpa/pdf/guidance_document_32003.pdf)

<sup>2</sup>Guidelines for Comprehensive Programs to Promote Healthy Eating and Physical Activity.

<http://www.astphnd.org>

<sup>3</sup>Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report.

[http://nhlbi.nih.gov/guidelines/obesity/ob\\_home.htm](http://nhlbi.nih.gov/guidelines/obesity/ob_home.htm)

<sup>4</sup>Evidence-Based Approaches for Implementation of 5 A Day for Better Health.

[http://dccps.nci.nih.gov/5ad\\_6\\_eval.html](http://dccps.nci.nih.gov/5ad_6_eval.html)

<sup>5</sup>Gortmaker, S.L., et al. 1999. Impact of a School-Based Interdisciplinary Intervention on Diet and Physical Activity Among Urban Primary School Children. *Archives Pediatrics and Adolescent Medicine* 153(Sept.): 975-983.

<sup>6</sup>Gortmaker, S.L., et al. 1999. Reducing Obesity via a School-Based Interdisciplinary Intervention Among Youth. *Archives of Pediatric and Adolescent Medicine* 153(April): 409-418.

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